

Sunday, November 19

324 DAYS PAST

42 TO COME

Blood Pressure.

Jackson says that blood pressure examinations before and after exercise, together with observation of the pulse rate and the general signs of respiratory embarrassment and cyanosis, are a valuable means of estimating cardiac efficiency, and applied to those past middle age, or presenting cardiac irregularities or murmurs, or in whom there is any reason for suspecting degenerative processes, they furnish valuable and permanent information as to the condition of the heart muscle.

Weather

Temp.

A lovely warm day
Abed & wife was here for
dinner. This afternoon the
Guils & Wilfred went to
Sunday school. We had
perisod & chicken for
dinner.